

*Sabbath life*  
www.sabbathlifeteen.com

## **PROGRAM YEAR 1 A/B**

### *Lesson Guide*

*In the following pages, you will find a collection of preliminary digging, searching, matching, reflecting and creating (all inspired by the Gospels) to jump-start the lessons that Christ wills to share, through you, with the youth. The Sabbath Life program aims to be flexible and bring out the minister's own personal journeys, studies, interests, dynamics and whatever materials you can get your hands on. We hope you find useful the materials that we have to share. God bless you and your ministry!*

## Lesson Guide Key

**Season:** *Spotlighting the school calendar with the generic divisions of the year: spring, fall, and winter.*

**Cycle:** *Designating the year of Liturgy as followed by the Roman Catholic Church.*

**Readings:** *The Liturgy of the Word, as approved by the USCCB, for the designated Sunday.*

**Virtues:** *Identifying the cardinal, theological, moral and fruits of the Spirit which are most articulated.*

**Lessons:** *One highlighted lesson found in each reading: (1) First Reading, (2) Second Reading, (3) Gospel.*

**References:** *Scripture from The New American Bible and Catechism of the Catholic Church paragraphs.*

**Exercises:** *Corresponding activities, scenarios or exams at [www.sabbathlifeteen.com/lesson-guide.html](http://www.sabbathlifeteen.com/lesson-guide.html)*

**Questions:** *Corresponding questions to provoke meditation and reflection.*

# Lessons & Corresponding Material

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## FALL: CYCLE A

### The 21st Sunday of Ordinary Time

FIRST READING (Is 22:19-23) SECOND READING (Rom 11:33-36) GOSPEL (Mt 16:13-20)

**Virtues:** Humility, Faith, Meekness, Honesty, Wisdom, Trust, Charity, Love, Obedience

**Lessons:**

- (1) The Cross, alone, stands as a fixed truth in a world that keeps on spinning.
- (2) No one can judge God's ways. He, alone, loves all, created all and knows all.
- (3) The only trustworthy testimony is God's: He gives His testimony to His Church.

1. (Is 22:19-23); Job 1:21; Ps 110:4; Mt 24:35; Hb 7:21-28 | CCC 212-221, 541-542, 1113-1134
2. (Rom 11:33-36); Is 55:8-9; Dn 3:26-33; Jn 1:1-5 | CCC 282-324
3. (Mt 16:13-20); Mt 28:18-20; 2 Cor 1:20; Gal 1:15-16 | CCC 31-53, 96-100, 134-141, 210-221

**Exercises:** (1) **Activity: "FLOATS"**

**Questions:**

- (1) What keeps you from trusting everything to God? Why do you doubt?
- (2) Do you think God is like you? List what you know about Him.
- (3) What can you do, in your daily routine, to notice God's presence with, in and for you: to know Him better?

## The 22nd Sunday of Ordinary Time

FIRST READING (Jer 20:7-9) SECOND READING (Rom 12:1-2) GOSPEL (Mt 16:21-27)

*Virtues:* Love, Humility, Purity, Courage, Faith, Hope, Discipline, Charity, Obedience

*Lessons:*

- (1) Truth and goodness always speaks out/moves into action for love of neighbor.
- (2) Living for love (for God) is completely contrary to the teachings of the world.
- (3) Be very small before the Lord, so that He may be your only surety & strength.

1. (Jer 20:7-9); Mk 1:15, Lk 12:49-53; Jn 17:20-26; Rm 6:10-13 | CCC 1878-1879, 1939-1942, 2012-2016
2. (Rom 12:1-2); 1 Jn 4:4-5; Jn 17:14-19; Heb 13:7-9; 2 Cor 6:17 | CCC 1195, 1197, 2044-2046
3. (Mt 16:21-27); Lk 16:10; Hb 5:8-9; Ph 2:6-7; 2 Cor 12:9-10 | CCC 268-271, 297-280, 300-301, 668-679

*Exercises:* (1) **Activity: "ME!"**

*Questions:*

- (1) What ways do you hear Christ calling you to move? Where will love take you?
- (2) How are you causing yourself to stumble? What worldly ideals hold you back?
- (3) Can you list all the ways that God takes you "under his wing," so to speak?  
Can you find peace in your "littleness" next to God's greatness?

## The 23rd Sunday of Ordinary Time

FIRST READING (Ez 33:7-9) SECOND READING (Rom 13:8-10) GOSPEL (Mt 18:15-20)

*Virtues:* Love, Responsibility, Honesty, Charity, Humility, Poverty, Purity, Courage

*Lessons:*

- (1) If you refuse to save a person from death then you do not love.
- (2) Sinfulness is taking for yourself. Generosity and lending is love.
- (3) Humanity embraces God in their lives when they share with each other.

1. (Ez 33:7-9) Mt 23:1-4; Jn 15:12-13; 2 Cor 2:5-11 Ja 2:17-23 | CCC 1439, 1730-1738, 1742, 1825-1826
2. (Rom 13:8-10) 1 Kgs 17:11-16; Lk 6:37-38; Jn 3:19-21; 1 Jn 2:1-6; | CCC 1849; 1950-1974
3. (Mt 18:15-20); Lk 17:3-4; 1 Jn 4:20-21; Ja 2:14-17 | CCC 850, 1827-1829, 1936-1942

*Exercises:* (1) **Activity: "NOT LIKE THE OTHERS"**

*Questions:*

- (1) How can you speak up for others even when that other is acting as his or her own worst enemy?
- (2) What things can you lovingly give away to others this week? Make a list.
- (3) How can you empower, encourage, and embrace the human family more?

## The 24th Sunday of Ordinary Time

FIRST READING (Sir 27:30-28:9) SECOND READING (Rom 14:7-9) GOSPEL (Mt 18:21-35)

*Virtues:* Humility, Forgiveness, Love, Generosity, Joy, Obedience, Wisdom, Compassion

*Lessons:*

- (1) In order to be “with God”, we must completely embrace God. God is love.
- (2) God who is the source and summit of our existence, is our only means of life.
- (3) Pursue only love and all evil will pass away in God’s mercy and justice.

1. (Sir 27:30-28:9) Lk 10:27; Lk 15: 27-32; Ep 4:31-32; 1 Jn 4:7-10 | CCC 2558-2565, 2839-2845
2. (Rom 14:7-9) Mt 6:25-34; Lk 24:30-35; Jn 6:35,53-57 | CCC 296-302, 1324-1327, 2811-2814; 2828-2837
3. (Mt 18:21-35) Mt 5:44-48; Rm 12:19; 2 Cor 6:1-10; 1 Jn 4:16-19 | CCC 604-605,678-679, 2850-2854

*Exercises:* (1) **Scenario: “ROLE PLAY”**

*Questions:*

- (1) Can you imagine any situations where you could treat a person with disgust and hatred and feel justified about it? Would God be in agreement?
- (2) How can love make sin go away? How have you seen love change things?
- (3) When times are tough, how could you remind yourself that God is in control?

## The 25th Sunday of Ordinary Time

FIRST READING (Is 55:6-9) SECOND READING (Phil 1:20c-24, 27a) GOSPEL (Mt 20:1-16a)

*Virtues:* Purity, Charity, Forgiveness, Humility, Generosity Joy, Love, Wonder

*Lessons:*

- (1) Reconcile with God while you can still discern good apart from evil.
- (2) A soul who is truly in love with Jesus Christ is always happy to do good works.
- (3) To act in love means to first celebrate good gifts and then give to others.

1. (Is 55:6-9); Ps 119:9-24; Mt 25:1-13; Mt 25:26-30 | CCC 386-387, 1846-1868, 2001-2002
2. (Phil 1:20-24, 27); Mt 5:3-12; Jn 3:20-21; Heb 12:7-13 | CCC 1716-1724
3. (Mt 20:1-16); Lk 15:29-32; Mk 6:34-44; Jn 15:7-11 | CCC 797-801, 1701-1709

*Exercises:* (1) **Activity: “SWAP”**

*Questions:*

- (1) Are you missing anything in your life? What are you looking for?
- (2) What have you been given? List all your gifts.
- (3) Which gifts would you like to give back to Christ so that He can amplify them?  
Do you trust Christ with your gifts?

## The 26th Sunday of Ordinary Time

FIRST READING (Ez 18:25-28) SECOND READING (Phil 2:1-11 or 2:1-5) GOSPEL (Mt 21:28-32)

*Virtues:* Humility, Prudence, Honesty, Courage, Obedience, Thanksgiving, Love

*Lessons:*

- (1) Sin is the cause of our hardships and failure.  
Virtue is the cause of our success and life.
- (2) Here on earth, we are meant to be the Church militant, a united front, submissively devoted to each other for the glory of God.
- (3) Those who know and love Righteousness will follow Him anywhere He goes.

1. (Ez 18:25-28); Gn 3:19; Is 57:20-21; Jn 8:34; Jn 15:1-7 | CCC 402-412, 1023-1050, 1696, 1803-1804
2. (Phil 2:1-11); Ps 133:1-3; 1 Cor 1:10; Ep 4:11-13; 1 Jn 1:7; 2 Tm 2:3-4 | CCC 813-816, 946-962
3. (Mt 21:28-32) Jn 3:19-21; Jn 15:18-21; Jn 21:18; Rm 13:1-4; Hb 4:12 | CCC 680-690, 733-747

*Exercises:* (1) **Activity: "FISHING FOR HOLINESS"**

*Questions:*

- (1) Sometimes our pride and laziness can even pull us away from the things we want to do. What is one little reminder you could make or find to help recall the glory and value of righteousness during a moment of temptation?
- (2) Who are the people God wants you to intentionally and personally meet with His love this week? In what ways will you share this love with them?
- (3) Where would you go for Jesus Christ, for righteousness, mercy and love?

## The 27th Sunday of Ordinary Time

FIRST READING (Is 5:1-7) SECOND READING (Phil 4:6-9) GOSPEL (Mt 21:33-43)

*Virtues:* Obedience, Trust, Righteousness, Love, Charity, Wisdom, Prudence, Wonder

*Lessons:*

- (1) You were made by love; your worthiness is love; you're made to live in love.
- (2) If you are too concerned about finding worldly sustenance, you will never find God's satiating gifts that will take care of you here, now, and forever, eternally.
- (3) If you are satisfied, in this world, you will not find righteousness and, in fact, you will lose everything you have while trying to cling to your satisfactions.

1. (Is 5:1-7) Ps 14:2-3; Ps 49:6-14; Gn 6:5-7; Is 35:1-10; 1 Jn 4:8,16 | CCC 218-231, 355-368
2. (Phil 4:6-9) Ps 14:7; Ps 49:14-21; Mk 8:14-21; Lk 12:27-34 | CCC 2544-2550
3. (Mt 21:33-43) Ps 14:4-6; Pr 8:1-5, 32-36; Mt 6:24; 1 Cor 15:22 | CCC 1020, 1033, 1783-1785

*Exercises:* (1) **Examination: "DISCOVERING IMMENSITY"**

*Questions:*

- (1) Often, the reason people reject God's message is that they can't believe they are worthy. Do you ever doubt your worthiness for such a mission?
- (2) God has entrusted each person with a personal mission of sharing eternal salvation with the ends of the world: What would you need, to be able to do it? What would get in the way of your doing it? Pray for the particular strength that you need at this moment.
- (3) Righteousness is acting in accord with divine or moral law : free of guilt or sin. What, in this world, does righteousness do? What does righteousness ask for? What does righteousness want?

## The 28th Sunday of Ordinary Time

FIRST READING (Is 25:6-10a) SECOND READING (Phil 4:12-14, 19-20) GOSPEL (Mt 22:1-14 or 22:1-10)

*Virtues:* Wisdom, Faith, Trust, Humility, Gratitude, Discipline, Charity, Love, Wonder

*Lessons:*

- (1) God gives people everything needed to thrive in total fulfillment at all times.
- (2) Circumstances can not define & control us when our friendship is with God.
- (3) God cannot help those who reject or disincline His invitations. But He can joyously help the poor who are willing and ready to respond in mutual love.

1. (Is 25:6-10); Is 2:3; Mk 8:14-21; Lk 1:46-55; Rm 12:2; Acts 7:55-60 | CCC 302-308
2. (Phil 4:12-14, 19-20); 1 Kgs 17:1-9; Rm 8:35,37-39; 1 Pt 5:5-7; Phil 4:6-9 | CCC 309-314
3. (Mt 22:1-14); Ps 81:12-17; Pr 9:1-6; Mt:21:31; Mt 23:26-32 | CCC 554, 1691-1692, 1739-1742

*Exercises:* (1) **Activity: “ABSOLUTE”**

*Questions:*

- (1) Right now, if you had endless time, money and resources, what would you do?
- (2) What are some of the cares you have in your life right now? Which ones are charitable and which ones are selfish and which ones are only troubling?
- (3) Do you want to join the King at His wedding banquet? Why or why not?

## The 29th Sunday of Ordinary Time

FIRST READING (Is 45:1, 4-6) SECOND READING (1 Thes 1:1-5b) GOSPEL (Mt 22:15-21)

*Virtues:* Love, Faith, Trust, Humility, Thanksgiving, Wisdom, Prudence, Meekness

*Lessons:*

- (1) God alone is love: completely honest, completely trustworthy, always giving.
- (2) To acquire an attitude of thankfulness, we must first recognize that everything we have is a gift freely and lovingly given to us by God.
- (3) Happiness and peace come from giving away your gifts to the people to whom they are owed: being rightly justified in your love and trust of God.

1. (Is 45:1, 4-6); 1 Kgs 17: 10-16; Ps 110:2-7; 1 Jn 4:9-10 | CCC 210-221
2. (1 Thes 1:1-5); 1 Kgs 17: 17-24; Ps 119:65-68; 1 Jn 4:11-13 | CCC 2214-2215, 2637-2638
3. (Mt 22:15-21); Ps 119:69-72; Sir 4:31; Acts 20:35; Rm 2:5-11; Ga 5:13-14 | CCC 1720-1724, 2610

*Exercises:* (1) **Activity: “KEEP KNOCKING”**

*Questions:*

- (1) What do you know about God the Father? What are his characteristics?
- (2) Has anyone ever owed you anything? Have you ever owed anything to someone else? How did these situations make you feel?
- (3) Personally, what is the hardest part of letting go of the things you like? Have you noticed any benefits that come from letting things go?



## The 30th Sunday of Ordinary Time

FIRST READING (Ex 22:20-26) SECOND READING (1 Thes 1:5c-10) GOSPEL (Mt 22:34-40)

*Virtues:* Love, Compassion, Humility, Charity, Forgiveness, Contrition, Joy, Confidence

*Lessons:*

- (1) The Lord is first mercy and wants mercy. Justice belongs to Him who is perfect.
- (2) The vibrancy of the Spirit's good works is proof of the Gospel proclamation.
- (3) "You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments."

1. (Ex 22:20-26); Jn 3:17; Jn 8:7; Rm 12:9; Hb 4:14-16; Ti 3:5 | CCC 2838-2845
2. (1 Thes 1:5-10); Dt 6:4-9; Mt 5:46; Jn 10:37; Acts 10:37-38; Ja 2:17-18 | CCC 547-550, 2005, 2016
3. (Mt 22:34-40); Mk 8:31-33; Lk 6:27-36; Jn 3:14-17; | CCC 2084-2132, 2196

*Exercises:* (1) **Examination: "SANCTUARY"**

*Questions:*

- (1) What is hardest about admitting that you've done something wrong?
- (2) To you, personally, what is the most important difference between the revenge method and the method of forgiveness?
- (3) What are some habits of love that you would like to add to your daily routine?

## The 31st Sunday of Ordinary Time

FIRST READING (Mal 1:14b-2:2b, 8-10) SECOND READING (1 Thes 2:7b-9, 13) GOSPEL (Mt 23:1-12)

*Virtues:* Love, Humility, Compassion, Charity, Honesty, Trust, Mercy, Obedience

*Lessons:*

- (1) God loves all people equally and expects us to love in the same way.
- (2) God's love is sacrificial and intimate in each and every person.
- (3) True love of God and neighbor inspires compassion and good works.

1. (Mal 1:14-2:2, 8-10); 1 Kgs 2:2-3; Mt 9:9-13; Rm 13:10 | CCC 369-373, 519-521, 2196
2. (1 Thes 2:7-9, 13); Mk 9:38-41; Jn 21:15-19; Rm 12:1-2 | CCC 602-609, 616-618
3. (Mt 23:1-12); Mt 14:15-16; Rm 12:9-21 Rm 13:1-2 | CCC 1814-1829, 2346-2347

*Exercises:* (1) **Scenario: "CAUGHT IN THE ACT"**

*Questions:*

- (1) Can you think of some people who are in need of a little extra love this week?  
Who do you know who could use some encouragement, an extra hand?
- (2) What could you do to show these people your love and appreciation?
- (3) What is your biggest obstacle that prevents you from loving others more?

## The 32nd Sunday of Ordinary Time

FIRST READING (Wis 6:12-16) SECOND READING (1 Thes 4:13-18 or 4:13-14) GOSPEL (Mt 25:1-13)

*Virtues:* Wisdom, Prudence, Purity, Discipline, Love, Obedience, Hope, Confidence, Joy

*Lessons:*

- (1) Wisdom is seeking and waiting on God.  
Truth always bears fruit for those who seek it.
- (2) True and lasting confidence is rooted in having faith in the mercy of Christ.
- (3) God asks us to be prepared for His coming, today and for the life to come.

1. (Wis 6:12-16); Ps 130:6-8; Mk 11:22-25; Lk 12:35-40; 1 Cor 4:5 | CCC 27-35, 1830-1832
2. (1 Thes 4:13-18); Dt 31:6; Jn 17:1-11; 20-26; Ph 1:6 | CCC 50-67, 430-451
3. (Mt 25:1-13); Mt 7:21-23; Mk 11:15-16; Lk 14:28-32 | CCC 668-682, 1021

*Exercises:* (1) **Scenario: "12 YEARS WITHOUT CHOCOLATE"**

*Questions:*

- (1) What, in the near future, are you most interested in achieving? Why?
- (2) What interests do you have? Do these things build up your confidence?
- (3) If God called you away, tomorrow, to give up everything you have ever wanted, would you be able to follow Him? Why or why not?

## The 33rd Sunday of Ordinary Time

FIRST READING (Prv 31:10-13, 19-20, 30-31) SECOND READING (1 Thes 5:1-6)

GOSPEL (Mt 25:14-30 or 25:14-15, 19-21)

*Virtues:* Faith, Wisdom, Trust, Love, Temperance, Obedience, Hope, Confidence, Joy

*Lessons:*

- (1) God is good and the only one worthy of all our trust.
- (2) Christ keeps His disciples safe; in the Holy Spirit, He tells them everything.
- (3) It is impossible to please God without faith.

1. (Prv 31:10-13, 19-20, 30-31); Ps 118:8; Mt 7:16-20; Mk 10:18; Hb 6:10-12 | CCC 210-221
2. (1 Thes 5:1-6) Mt 13:44-50; Jn 15:15-16; Jn 16:7-11; 1 Pt 5:6-10 | CCC 239-248, 546, 1808, 1972
3. (Mt 25:14-30); Mt 7:24-27; Hb 11:6; 1 Jn 5:5 | CCC 1215-1216, 1226-1228, 1814-1816

*Exercises:* (1) **Scenario: “WHERE DID EVERYBODY GO”**

*Questions:*

- (1) Have you ever felt paralyzed by fear?  
What would your life be like if you never let fear bother you?
- (2) What new “good works” would you do tomorrow if you woke up fearless?
- (3) What, in your life, is proof that God takes care of you?

## The 34rd (or Last) Sunday of Ordinary Time: Christ the King

FIRST READING (Ez 34:11-12, 15-17) SECOND READING (1 Cor 15:20-26, 28) GOSPEL (Mt 25:31-46)

*Virtues:* Faith, Love, Compassion, Charity, Humility, Confidence, Trust, Obedience

*Lessons:*

- (1) Christ is compassionate and faithful; always acting to save His people.
- (2) God became man so that He could be man’s first and last, man’s all in all.
- (3) What we do for the least of our brothers and sisters, we do for Christ.

1. (Ez 34:11-12, 15-17) Is 40:11; Is 42:3; Mt 11:28-30; 1 Tm 4:4; Ja 1:17 | CCC 50-67, 430-451, 668, 2822
2. (1 Cor 15:20-26, 28) Gn 22:9; Rm 8:29; Hb 5:8; Col 1:15-23; Ph 2:8 | CCC 456-460, 2854-2855
3. (Mt 25:31-46) Mt 18:2-4; Hb 6:10; Ga 6:2; Ja 15:12 | CCC 1928-1933

*Exercises:* (1) **Examination: “AT THE FOOT OF THE CROSS”**

*Questions:*

- (1) Do you trust that Christ wants to take care of you? Why or why not?
- (2) How can you offer Christ your trust or learn that He’s worth trusting?
- (3) Are you willing to be like Christ, to take on the Father’s strength and love, to be broken bread for others, to be available for His people, especially to the most poor and vulnerable?

## WINTER: CYCLE B

### 2nd Sunday of Ordinary Time

FIRST READING (1 Sam 3:3b-10, 19) SECOND READING (1 Cor 6:13c-15a, 17-20) GOSPEL (Jn 1:35-42)

*Virtues:* Meekness, Humility, Patience, Purity, Temperance, Chastity, Charity, Wonder

*Lessons:*

- (1) Let God's word have effect in your life and you will never be lacking.
- (2) Only a pure body (ears, mouth, mind and heart) are ready to receive God.
- (3) When you find the Word of God, follow Him and you will find salvation.

1. (1 Sam 3:3-10, 19); Ps 37:25; Ps 127:1-5; Mt 6:27-34; Hb 4:12 | CCC 115-119, 305, 1816
2. (1 Cor 6:13-15, 17-20); Ps; 46:10; Mt 5:8; Jn 20:21-23 | CCC 2338-2347, 2517-2520
3. (Jn 1:35-42); Mk 10:18; Acts 4:12; Col 3:1-4 | CCC 51-53, 1691-1698

*Exercises:* (1) **Examination: "LOVE LANGUAGE"**

*Questions:*

- (1) How do you recognize God?
- (2) What things can you remove from your ears, mouth, mind and heart that aren't from God?
- (3) How do you want to show Christ your affection and appreciation?

### 3rd Sunday of Ordinary Time

FIRST READING (Jon 3:1-5, 10) SECOND READING (1 Cor 7:29-31) GOSPEL (Mk 1:14-20)

*Virtues:* Humility, Fear of God, Love, Contrition, Forgiveness, Detachment, Trust, Wonder

*Lessons:*

- (1) God wills to save you from your sin, but how can you ask for forgiveness if you are unaware of evil? Listen to Him who is love and saves you.
- (2) Keep your heart and mind on God, first, and all else will fall into place.
- (3) Follow the instructions of Christ, the Word of God, and you will find salvation.

1. (Jon 3:1-5, 10); Gn 3:7-8; Ps 51:18-19; Mt 21:32; Jn 10:37-38; Col 3:16 | CCC 1, 51-55, 2088-2092, 2822
2. (1 Cor 7:29-31); Ps 123:1-2; 1 Cor 2:2, 9-12; 1 Cor 7:29 | CCC 296-301, 2084-2086
3. (Mk 1:14-20); Eccl 3:1; Mt 6:14-15; Jn 15:10 | CCC 51-53, 1950-1974

*Exercises:* (1) **Scenario: “THE ONLY ONE IN THE ROOM”**

*Questions:*

- (1) What major differences do you see between good and evil, love and hatred?
- (2) How do you resist temptation? Why do you resist temptation?
- (3) What do you imagine complete “salvation” will be like? Explain why.

### 4th Sunday of Ordinary Time

FIRST READING (Deut 18:15-20) SECOND READING (1 Cor 7:32-35) GOSPEL (Mk 1:21-28)

*Virtues:* Humility, Obedience, Fear of God, Faith, Contrition, Detachment, Trust, Wonder

*Lessons:*

- (1) God sent His only Son into the world to reveal everything to His people.
- (2) When we put God’s goodness first, all other things fall into their proper place.
- (3) The Word of God expels all evil.

1. (Deut 18:15-20); Jn 3:16,18; Jn 15:15; Jn 8:37-41, 52-58; Jn 9:3-5; Jn 10:37-38 | CCC 65-67, 580, 616-617
2. (1 Cor 7:32-35); Pr 21:3-7; Mt 25:37-40; Jn 3:19-21; Jn 8:42-47; Jn 10:7-10 | CCC 299-308, 618
3. (Mk 1:21-28); Mt 25:45-46; Jn 3:17; Jn 5:24; Jn 8:34-36, 48-51 | CCC 615, 619-623, 1971-1974

*Exercises:* (1) **Examination: “PERSONAL TRAINING”**

*Questions:*

- (1) If Jesus Christ came to tell you everything, what’s stopping you from knowing?
- (2) What good things are you inspired by? How can you turn these inspirations into action?
- (3) What are you most afraid of? Are you willing to let go of control and let God?

## 5th Sunday of Ordinary Time

FIRST READING (Job 7:1-4, 6-7) SECOND READING (1 Cor 9:16-19, 22-23) GOSPEL (Mk 1:29-39)

*Virtues:* Fear of God, Humility, Thanksgiving, Compassion, Charity, Faith, Love, Mercy

*Lessons:*

- (1) Our time in this world is drudgery and we should not expect more.
- (2) Partaking in the Gospel is fully partaking in life. Then even labor brings joy.
- (3) The Gospel brings healing and life to everyone who encounters it.

1. (Job 7:1-4, 6-7); Gn 3:17-19; Eccl 1:14-18; Ps 126:6 | CCC 407-409, 1716-1717
2. (1 Cor 9:16-19, 22-23); Mk 9:35-37; Jn 14:6; Heb 12:2; Ja 1:2-4 | CCC 410-412, 1696, 1720-1722
3. (Mk 1:29-39); Mt 25:20-24; Jn 16:24 ; Jn 20:30-31; Ga 5:22 | CCC 1427-1429, 1718-1719, 2831-2835

*Exercises:* (1) **Activity: "GOSPEL JOY"**

*Questions:*

- (1) What do you complain about? Do you think you complain too much?
- (2) How can you encounter the Gospel message more frequently?
- (3) What are some little ways you can bring more inspiration and joy to others?

## 6th Sunday of Ordinary Time

FIRST READING (Lev 13:1-2, 44-46) SECOND READING (1 Cor 10:31-11:1) GOSPEL (Mk 1:40-45)

*Virtues:* Humility, Fear of God, Obedience, Patience, Compassion, Love, Charity, Mercy

*Lessons:*

- (1) Obedience to the authority of the Church is obedience to God.
- (2) Loving your neighbor means loving them more than your ideals.
- (3) God wills that we all be made clean.

1. (Lev 13:1-2, 44-46); Mt 16:15-19; Mt 23:1-3; Lk 11:37-42; Gal 2:19-21 | CCC 2030-2051
2. (1 Cor 10:31-11:1); Ps 133:1-3; Mt 5:21-26; Lk 7:33-35; 2 Pt 3:9 | CCC 2262, 2822
3. (Mk 1:40-45); Mk 5:30-35; Mk 8:31-33; Mk 10:35; 1 Tm 2:1-8 | CCC 1037

*Exercises:* (1) **Activity: "PERFECT PORTRAITS"**

*Questions:*

- (1) What's the hardest thing about working with people?
- (2) What's the most enjoyable thing about working with people?
- (3) What do you know, for a fact, to be Christ's thoughts and feelings about working with people? What scripture can you recall that proves these?

## 7th Sunday of Ordinary Time

FIRST READING (Is 43:18-19, 21-22, 24b-25) SECOND READING (2 Cor 1:18-22) GOSPEL (Mk 2:1-12)

*Virtues:* Joy, Wonder, Fear of God, Faith, Contrition, Meekness, Obedience, Trust

*Lessons:*

- (1) God's work is always new, completely alive, never sedentary.
- (2) God's plans are firm. The Cross stands still and extends throughout all time.
- (3) If we approach God with faith and love, He will make us fully alive.

1. (Is 43:18-19, 21-22, 24-25); Jn 5:15-17; Rm 11:3; Phil 2:13 | CCC 77-79, 1108-1112, 1987-1995, 1996-1999
2. (2 Cor 1:18-22); La 3:22-23; Is 40:8; Mt 24:35; 1 Pt 1:25 | CCC 759, 2012-2016
3. (Mk 2:1-12); Lk 15:17-31; Jn 6:53-58; Eph 2:1-10; Eph 3:20-21; 2 Cor 5:17 | CCC 763-769

*Exercises:* (1) **Activity: "NEW CREATION"**

*Questions:*

- (1) Do you have any fears about acting saintly or going to heaven? Why?
- (2) What are some things you wish wouldn't keep changing?
- (3) What excites you most about life and living?

## 8th Sunday of Ordinary Time

FIRST READING (Hos 2:16b, 17b, 21-22) SECOND READING (2 Cor 3:1b-6) GOSPEL (Mk 2:18-22)

*Virtues:* Faith, Love, Trust, Hope, Humility, Detachment, Patience, Mercy Compassion

*Lessons:*

- (1) God is intimate and faithful in his commitment to His people.
- (2) It is impossible for a human being to convert to the commandments of love. Salvific grace, the help of God, proves God's existence.
- (3) Converting your heart to God means complete detachment from old ideals and accepting the totality of His love as your new ideals.

1. (Hos 2:16, 17, 21-22); Jer 33:3; Is 49:15; Jn 17:22-23; 2 Th 3:3; Heb 10:23 | CCC 214, 604-605, 2084-2086
2. (2 Cor 3:1-6); Jn 15:4-6; Rm 7:7-12; 1 Cor 2:9-13; Gal 1:10; 2 Pt 1:3-4 | CCC 1996-2005, 2012-2016
3. (Mk 2:18-22); Ez 36:26; Is 55:1-6; Jer 17:9; Jn 14:10; Gal 2:19-21; Ja 2:18-22 | CCC 2087-2089

*Exercises:* (1) **Examination: "NEW WINESKINS"**

*Questions:*

- (1) What about God is so attractive to you?
- (2) If you could have one virtuous super-power, which virtue would it be? Why?
- (3) What would a perfect life with Christ look like to you?

## 9th Sunday of Ordinary Time

FIRST READING (Deut 5:12-15) SECOND READING (2 Cor 4:6-11) GOSPEL (Mk 2:23-3:6 or 2:23-28)

*Virtues:* Faith, Hope, Trust, Love, Humility, Contrition, Patience, Charity, Wonder, Joy

*Lessons:*

- (1) God is the source and summit of our lives; He sustains all creation.
- (2) Through our weakness we can recognize the strength of Christ and through the strength of Christ our weakness are healed.
- (3) Faith without works is dead. Those, who truly worship Love, do good works.

1. (Deut 5:12-15); Ps 145:14-17; Col 1:17 | CCC 296-302, 1324-1327, 2811-2814; 2828-2837
2. (2 Cor 4:6-11); Lk 1:46-55; 1 Cor 1:27; 2 Cor 12:9 | CCC 268-274
3. (Mk 2:23-3:6); Mt 21:42; Mt 23:23-28; Ja 2:14-17 | CCC 1814-1829, 2005, 2015, 2346-2347

*Exercises:* (1) **Examination: "GOOD WORKS"**

*Questions:*

- (1) Why do you like to do good works for other people? Do you struggle here?
- (2) How often do you pray throughout the day, even for a brief pause?
- (3) What, in your faith life, are you most concerned about?

## 10th Sunday of Ordinary Time

FIRST READING (Gn 3:9-15) SECOND READING (2 Cor 4:13-5:1) GOSPEL (Mk 3:20-35)

*Virtues:* Humility, Contrition, Trust, Fear of God, Unity, Peace, Love, Charity, Wonder

*Lessons:*

- (1) Blame cannot hide your sins. But contrition can wash them away.
- (2) Human beings are many members of one body; we are all in this together.
- (3) All who live in Love are children of God.

1. (Gn 3:9-15); Pr 28:13-14; Mk 9:24; Rm 2:1-7; Ga 6:5; 1 Jn 3:3 | CCC 1731-1738, 1455-1460
2. (2 Cor 4:13-5:1); 1 Cor 3:9; 1 Cor 12:12; 1 Pt 1:22-25; Heb 12:29 | CCC 813-816
3. (Mk 3:20-35); Zep 3:17; Mt 7:16-20; Mk 9:38-40; 1 Cor 12:26; Rm 8:16; Heb 2:11 | CCC 1996-2001

*Exercises:* (1) **Activity: "IN IT TO WIN IT"**

*Questions:*

- (1) Do you ever blame the cause of your sin on another person, or on your situation or even on God?
- (2) What do you know to be the differences between the idea of fairness and the idea of mercy?
- (3) What does "being" a child of God mean to you? It means "being", what?



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## SPRING: CYCLE B

### 1st Sunday of Lent

FIRST READING (Gn 9:8-15) SECOND READING (1 Pt 3:18-22) GOSPEL (Mk 1:12-15)

*Virtues:* Trust, Docility, Submission, Compassion, Contrition, Chastity, Temperance, Love

*Lessons:*

- (1) All is in God's hands; He is in control. Love and compassion nurture the world.
- (2) We are incapable of judging even ourselves; because, Christ in His mercy purifies all who appeal to Him.
- (3) Submission to the will of God brings us purity and peace.

1. (Gn 9:8-15); Ps 19:1-4; Mal 3:17; Jer 31:33; Mt 6:25-26; Phil 1:6; Eph 2:10 | CCC 206-221, 302-304
2. (1 Pt 3:18-22); Ps 23:6; Mt 6:27, 33-34; 1 Cor 4:3-5; 2 Cor 5:14; 1 Jn 4:19; 1 Tm 6:17 | CCC 1846-1851
3. (Mk 1:12-15); Ps 19:4-6; Mt 6:9-10; Mt 6:24; Heb 5:7-8; Heb 13:21; 1 Pt 2:4-9, 1 Pt 5:6 | CCC 305-314

*Exercises:* (1) **Scenario: "HAPPY ARE THOSE WHO MOURN"**

*Questions:*

- (1) What are you giving up or what are you doing for Lent?
- (2) Why do you make these sacrifices? What benefits do you notice?
- (3) What kinds of people make sacrifices? What are they like?  
Do you admire them? Why?

## 2nd Sunday of Lent

FIRST READING (Gn 22:1-2, 9a, 10-13, 15-18) SECOND READING (Rom 8:31b-34) GOSPEL (Mk 9:2-10)

*Virtues:* Humility, Trust, Obedience, Docility, Compassion, Perseverance, Patience

*Lessons:*

- (1) Christ courageously trusted the Father, even following Him into death, where He found the fullness of His resurrection.
- (2) God gives Himself, completely, to His people and wills the best for them.
- (3) Being baptized in Christ, means to be baptized in His death and resurrection.

1. (Gn 22:1-2, 9, 10-13, 15-18); Ps 22:1-6; Jn 17:9-17; Jn 19:17; Heb 11:17-19; Col 2:6-8 | CCC 606-615
2. (Rom 8:31-34); Jn 17:20-24; 1 Cor 15:22-28; Eph 5:21-30; Rev 1:8 | CCC 218-221, 616-617
3. (Mk 9:2-10); Jn 17:1-8, 25-26; Rom 6:3-7; Heb 11:19; Phil 2:5-8 | CCC 618, 624-630, 651-655

*Exercises:* (1) **Activity: “BLIND ARTIST”**

*Questions:*

- (1) If you had the most absolutely perfect best friend, what would your relationship be like? What ways would you encourage each other?
- (2) Are there any “good” things that you are afraid of doing? Would you be willing to put yourself out there and watch God raise you up out of these fears? Why?
- (3) Where are the most complicated areas of your life? What complexities could you “die to” or “let go” in order to simplify and free up your life?

**(DURING THE 3RD - 5TH WEEKS OF LENT, THERE IS THE OPTION TO EXCHANGE THE “CYCLE B” READINGS FOR THE “CYCLE A” READINGS . ASK YOUR PASTOR FOR WHICH READINGS YOU SHOULD PREPARE. LENT “CYCLE A” CAN BE FOUND IN THE YEAR 3 LESSON GUIDE.)**

### 3rd Sunday of Lent

FIRST READING (Ex 20:1-17 or 20:1-3, 7-8, 12-17) SECOND READING (1 Cor 1:22-25) GOSPEL (Jn 2:13-25)

*Virtues:* Love, Compassion, Humility, Charity, Patience, Docility, Forgiveness, Unity

*Lessons:*

- (1) The letter (the law) reveals the Word, the Spirit of God.
- (2) Christ is the way, the truth and the life, procuring the grace for all humanity to follow Him, fulfill the law, redeem their soul and intercede for others.
- (3) Our sins hurt us and reject God. They deeply wound the Sacred Heart because He loves us. He does anything and everything to heal us.

1. (Ex 20:1-17); Ps 147:19; Rm 7:1-6; Rm 8:5-9 | CCC 1950-1974
2. (1 Cor 1:22-25); Rm 8:1-4, 24-27; Heb 18-25 | CCC 1691-1698
3. (Jn 2:13-25); Jn 3:16; Rm 8:14-23, 33-39 | CCC 598, 679, 1849-1863

*Exercises:* (1) **Examination: "SANCTUARY"**

*Questions:*

- (1) What "moneychangers" (people or things that take advantage of your weaknesses and steal from your life) does Christ want to drive away from you?
- (2) What hope do you have for the future? What do you imagine the temple of your heart will be like after Christ rebuilds it, completely restores it, heals it?
- (3) How would you like to invite Christ's healing into your life on a daily basis?

## 4th Sunday of Lent

FIRST READING (2 Chr 36:14-16, 19-23) SECOND READING (Eph 2:4-10) GOSPEL (Jn 3:14-21)

*Virtues:* Humility, Simplicity, Purity, Contrition, Obedience, Temperance, Trust, Love

*Lessons:*

- (1) We can choose to participate in this life either with God or without God.
- (2) Only God is good. Only Christ can heal your body, mind and soul.
- (3) Christ revealed all that is good so that we can live with God, in Goodness.

1. (2 Chr 36:14-16, 19-23); Jb 14:4; Ps 24:3-4; Ps 80:5-16; Mt 5:8; 1 Cor 6:15-20 | CCC 1730-1742
2. (Eph 2:4-10); Dt 30:11-14; Ps 51:7; Mk 1:40-41; Lk 18:19; Rm 7:18-25; Ja 4:8 | CCC 214, 654-655
3. (Jn 3:14-21) Jb 24:13-17; Mt 6:24; Jn 5:21-24; Jn 15:15; Rm 32:8; Eph 5:8-14; Ja 1:27 | CCC 51-67

*Exercises:* (1) **Scenario: “WATER, WATER EVERYWHERE, BUT NOT A DROP TO DRINK”**

*Questions:*

- (1) Do your “good intentions” ever hide or make light of any bad/sinful behavior?  
If something is good what reasons do people have to be deceitful or injurious?
- (2) Can you make any distinctions between the “lovers of evil” and “those who do evil”? Can you spot any differences?
- (3) What is it about fully participating in the light that is intimidating for you?

## 5th Sunday of Lent

FIRST READING (Jer 31:31-34) SECOND READING (Heb 5:7-9) GOSPEL (Jn 12:20-33)

*Virtues:* Trust, Submission, Wisdom, Charity, Love, Docility, Chastity, Perseverance, Hope

*Lessons:*

- (1) We never have to guess what God wants. We know His plans, in the depths of our hearts. Goodness always fulfills & heals our deepest desires and wounds.
- (2) Christ understands every pain we endure and for love of us He endured it all.
- (3) Christ was human and in every way divine: our perfect priest and sacrifice.

1. (Jer 31:31-34); Gn 1:27; Jer 29:11; Jn 15:15; Jn 16:13; Gal 4:7 | CCC 1776-1802, 2338-2347
2. (Heb 5:7-9); Dt 11:13-17; Mt 26:36-39; Mt 27:46; Rm 1:1-7; Hb 4:15; Phil 2:6; Col 2:9-15 | CCC 147, 609
3. (Jn 12:20-33); Gn 3:6, 11-12; Mt 4:3-4, 8-11; Rm 6:23; Gal 6:7-10; Ja 1:15-18 | CCC 436-440, 461-583, 612

*Exercises:* (1) **Activity: "WALKED OVER"**

*Questions:*

- (1) What pains have you encountered in your life? Are there any wounds that still need healing? In what ways do you need to be healed?
- (2) How does it make you feel to know that Christ has endured every pain of humanity? How does it feel to know your God has and is suffering with you?
- (3) Have you ever encountered a person who does not like you? What did you do or want to do? What advantages does Christ have by His way of reacting?

## Palm (Passion) Sunday

FIRST READING (Is 50:4-7) SECOND READING (Phil 2:6-11) GOSPEL (Mk 14:1-15:47 or 15:1-39)

*Virtues:* Faith, Hope, Wonder, Submission, Humility, Trust, Compassion, Charity, Love

*Lessons:*

- (1) Eyes open wide and heart ready to listen, not hiding in defense but rising to every occasion, is the best way to hear and follow the Word of God.
- (2) Christ is our all in all, the Alpha and Omega of all existence.
- (3) There is no greater love than to lay down your life for your friends.

1. (Is 50:4-7); Mt 24:42; 1 Cor 16-13; 1 Pt 5:8 | CCC 27-35, 1783-1785, 2700-2745
2. (Phil 2:6-11); Is 41:1; Jn 11:4; Rev 1:8, 17-18 | CCC 599-600, 2854, 2605-2606
3. (Mk 14:1-15:47); Jn 15:13; Jn 21:15; Act 21:10-14 | CCC 609, 2169, 2346-2347

*Exercises:* (1) **Activity: “THE WAY OF THE CROSS”**

*Questions:*

- (1) What ways do you hide from participating in life? What more can you do?
- (2) Do you care if people like you or hate you? Why?
- (3) How much do you really trust God? Would you give anything up if He asked? What do you know to be the results of trusting God? Any scriptures or personal situations come to mind?